

Sometimes

拍數: 32 牆數: 4 級數: Improver
編舞者: Helma Yoga (INA) - November 2021
音樂: Sometimes - Britney Spears



Start dance after intro 16c

#1 *SIDE - BACK ROCK - CROSS ROCK- CROSS - SIDE TOUCH -BOTOFOGO*

1-2-3 L to side , R back , L recover
4&5 cross R over L , recover on L , R to side
6-7 L touch over R , step L touch to side
8& cross L over R , R ball to side , L tap in the place

Tag & restart on wall 9 After 8c

#2 *CROSS - SIDE - CROSS BEHIND (sweep) - SAILOR -' LOCK - LOCK SHUFFLE FORWARD

2&3 cross R over L , L side , R cross behind L with L back sweep
4&5 L behind R , R to side , L forward
6-7 R forward , L lock behind R
8&1 R forward , L lock behind L , R forward

#3 *PIVOT 1/4 TURN RIGHT-CROSS SHUFFLE-STEP SIDE TURN 1/4 LEFT- SIDE - CROSS BEHIND - IN PLACE*

2-3 step L forward , 1/4 turn to R (03.00)
4&5 L cross over R , R to side , L cross over R
6-7 R to side , 1/4 turn to L (12.00)
8&1 R to side , L behind R , R tap in the place

#4 * LOCK SHUFFLE TURN 1/4 LEFT- SIDE CROSS BEHIND - IN PLACE -SIDE CHASSE - TRIPLE STEP*

2&3 1/4 turn L step L forward, R lock behind, L forward (09.00)
4&5 R to side , L behind R , R tap in the place
6&7 L to side , R beside L , L to side
8-& R ball in the place , L touch close beside R

TAG : 4C

1-4 L in the place , R back , L close beside R , R forward